



Pathways

Sauk Trails Optimist Club
Madison, Wisconsin



July, August, September 2022 – QUARTERLY NEWSLETTER

PRESIDENT'S NOTE

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble. The last sentence of the Optimist Creed is very powerful. Worry, anger, fear and unhappiness seem to be all around us. How can we overcome these feelings? The simple answer is Optimism! This is not to say that we will never be worried, angry, fearful or sad, just that if we stay Optimistic they won't overtake our whole being. We need to recognize when we are having these feelings, acknowledge them and then hopefully we can move on using the tools outlined in the Creed.

I wanted to finish my year as President by saying thank you. It has been an honor to serve as the President of the Sauk Trails Optimist Club. We have done great things and have had some fun along the way. I look forward to the upcoming year, and I welcome John Fons as our new President.

Rick Thomas; rlthomas5914@gmail.com



Rick Thomas
Club President 21-22



STOC Bulletin Board

Kathie Newman, Sauk Trails Distinguished President 2020-21 has been installed as Lieutenant Governor of Zone 6 for 2021-2022. She has contacts with: Sauk Trails, Cross Plains, Middleton, Verona, Mazomanie-Wisconsin Heights and Fitchburg. Kathy obtained Honor Club for her previous year as club president.



John Fons, former Sauk Trails Optimist President and Lieutenant Governor, has been installed as Governor 2021-2022 of the fifty-one clubs, approximate 1,450 Optimists of Southern Wisconsin (SWIS) Optimist District.



Jacci See accepted the position of Southern Wisconsin (SWIS) Leadership Development Chair to coordinate with John Fons in his Governor 21-22 year.



Diana and Paul Johnson have accepted the position of Southern Wisconsin (SWIS) District Essay Co-Chairs. Besides coordinating the SWIS Essayists they are also assisting Mike Grasmick for the STOC Club. (All essays were due by February 28, 2022).



Jane Meyer accepted the position of Southern Wisconsin (SWIS) Conference Chair to help John Fons in his year as Governor 2021-2022.



Bonnie Spindler continued in her position as Southern Wisconsin (SWIS) Webmaster. She has coordinated inputs and yearly transition of officers for over 5 years. She is a previous twice STOC Club Distinguished president & SWIS Distinguished Governor 2011-2012.



SWIS Conferences Scheduled in 2022:
October 14-15, 2022: 1st Quarter Conference to get-together with optimists from other clubs and meet SWIS 2022-2023 District Officers.

SUPPORT JOHN FONS, as GOVERNOR 2021-2022.

John Fons had a very **SUCCESSFUL** year as SWIS Governor. We're so **VERY PROUD** of his commitment and Optimism last year and his future devotion as our club president.

Famous Last Words: SWIS Governor, John Fons Reflection

In the time I have been Governor of the SWIS District I have learned a few things about people and about myself.

You'd think I already knew enough.

In business you learn about people, but in business there's always money involved and quite often, in fact almost always, money gets in the way. Then there's other work. In my case church work, because I took a seminary degree. In which case God seems sometime to get in the way, because people who believe they have a special deal with God can be just about impossible to deal with any other way.

And then, of course, there's Optimism, which turns out to be the one group of people I've had more association with than any other common denominator in my life. Imagine that. I didn't at first. I never came to realize until now, when my term as District Governor is nearly over that Optimism and its people have become my own creed.

Except for my family, there is no other assortment of people I've dealt with more consistently on a regular basis in my entire life. It hasn't been for money and it hasn't always been easy, but I'm prepared to say as with my own family it's the one I've been given, the one I'm stuck with and the one who's stuck with me and I'm proud to be an Optimist.

We've had a few laughs this year. We've shed a few tears. We lost some members and we've gained a few. All told we're successful and that's what it takes to be a family for better or worse and since we've all meant well, it's more than likely for the best.

Do you remember the slogan I offered when I began my term?

Prove It.

Do you remember what I said?

I said numbers and goals didn't mean as much to me as One Child helped along the way. One Child and then Two Children and then Three, but One Child at a time and we could compare numbers and goals whatever the outcome later on.

Well, I found my One and then another and when I come to think of it another and if I keep on going, that number is bound to keep getting bigger. So I'll keep on being Optimistic and I won't spend a lot of time looking back, just looking ahead, not as your Governor, but just as Optimistic as my first day in office and just as appreciative of the people I've met along the way who have become and always will be my Optimist Family.

JOHN FONNS, SWIS Governor 2021-2022

**SAUK TRAILS RECEIVED HONOR CLUB
for 2020-2021**

Kathy Johnson, Club President and Bob Wortinger, Club Sec/Treasurer received an Optimist International HONOR CLUB Award for the 2020-21 year from Past Governor, Maxine Lane. Each received a Certificate of Recognition. Kathy also received a Honor Patch as Club President, which will be sewn on the Sauk Trails Flag. CONGRATULATION to this RECOGNITION.



STOC Bulletin Board

Sauk Trails Club Officers 2021-2022/2023

President: Rick Thomas
President Elect: John Fons

Vice President: Kathy Johnson

Secretary: Carole Klopp

Treasurer: Bob Wortinger

Past Presidents: Kathie Newman
Rick Thomas

Board of Directors

Steve Bailey 20-23
Rick Conne 20-23
Jane Meyer 21-23
Ted See 20-23
Mark Kraemer 21-23
Diane Hoebel 19-22
Mary Wykle 22-24

July Birthdays

Julie Thomas 5
John Scherer 6
John Fons 12
Patti Levenson 15
Kathie Newman 22

August Birthdays

Bob Wortinger 4
BJ Bailey 7
Mary Wylde 27
Steve Bailey 28

September Birthdays

Carole Klopp 4
Mark Kraemer 9
Mary Breunig 20
Dan Chart 22
Jacci See 27
Nancy Hach 27



Newsletter Editor:

[Bonnie Spindler](mailto:blspindler@charter.net)

blspindler@charter.net

SWIS 1st Quarter Conference 2022-2023

Fri/Sat, Oct. 14-15, 2022

Oak Creek, Wisconsin

Conference Saturday, 9:00am-3pm

Sauk Trails Optimists NORMALLY meet every Wednesday at 11:45am at Vintage Brewing located at Whitney Way and Odana Road. Reservations should be emailed to club president Rick Thomas each Monday beforehand to allow lunch preparations.

Watch for email announcements of special guest speakers.

Meetings are recorded for later viewing.

Sign-up for obtaining future speakers or speaking yourself is being implemented in 2022.

Bucky Book 2022

STOC is once again selling Bucky Books to help raise funds for our foundation. Each book sells for \$35 with \$15 of that coming back to the club in profit. There are hundreds of buy one get one free coupons for things such as restaurants, golf, and entertainment. Use a couple of coupons and you easily get your money back while supporting a great cause. You can get your books at a luncheon or contact Bob Wortinger at: rwortinger55@gmail.com.

!Remember, Please!

Use Amazon Smile

When you go online to make a purchase.

It's safe and easy as club members will attest and

A percentage of each transaction goes to our

Sauk Trails Optimist Club #09083

And when you're going Nuts,

Remember <https://sauktrailsoptimists.terrilynn.com>

make your Terri Lynn Purchases any time of year!!

FUNDCRAZR Fundraiser TICKETS

Thanks to all who sold FundCrazr tickets. There were a total of 80 sold. This is one of our yearly fundraisers for the youth fund. Good luck to all who have purchased a ticket. Rick Thomas

FALL Festival Fundraiser for Horizon High School Recovery Program

What: Horizon High School provides students in recovery a safe and supportive community in an academic and therapeutic environment. HHS fosters an ethic of honesty and mutual respect, promoting accountability to oneself and to the community. HHS prepares students for higher education and employment and to become productive members of our community.

Lifelong learning is the key to personal fulfillment and living a productive life. All students deserve a quality education. Knowledge empowers youth!!

When: Horizon High School is having a Fall Festival Fundraiser and celebration of our 18th Anniversary.

Wednesday, September 21, 2022 at Goodman Community Center, Ironworks Building, Evjue Room,
149 Waubesa Street, Madison, WI
Time: 5:00 to 7:00 PM

Why: September is National Recovery Month and we're looking to raise community awareness and urge lawmakers and local donors to help our school keep its doors open...

The Social Issue we are addressing: Estimates are that addiction costs the US over \$200 billion per year. The impact of addiction on society has economic and social consequences. Consequences include exacerbating or worsening mental health issues that can lead to increased health care costs, potential for premature death, destroying families, potential for increased crime, preventing addicted individuals from living productive lives, domestic violence, job loss and homelessness.

Wisconsin has had a 900% increase in opioid overdose deaths between 1999 and 2018. In 2020, Wisconsin had a record high of 1227 opioid related overdose deaths. We have felt first hand the effects of the opioid epidemic on our loved ones and as a community we need to fight this epidemic with resources to those who need help.

At Horizon High School, we provide support for young people in the Madison/Dane County area of Wisconsin who suffer from addiction and substance use disorder. Students suffer with trauma, homelessness and food insecurity. The majority of students also have co-occurring mental health issues such as depression, anxiety, ADHD, bipolar disorder, etc. We are the only recovery high school in Wisconsin and one of only 45 recovery schools in the nation.

The root causes of addiction include trauma, unmet needs such as a sense of belonging or a sense of purpose, poor self-esteem, adverse childhood experiences, genetic factors and development of unhealthy coping mechanisms.

Horizon High School changes lives by educating teens in recovery from addiction and substance use disorder. We prepare the students for careers, higher education and to become productive members of our community.

For more information, please contact Traci Goll, School Director at 608-442-0935. Check out our website at www.horizonhs.org.

Sauk Trails Contact if planning on attending: Jaci See at: seej@firstweber.com

Sauk Trails Annual Banquet 2022

The annual Sauk Trails 2022 Banquet will be held on TUESDAY, September 20th this year. This annual events is the high-light of the year thanking everyone for their participation in the club and encouraging and welcoming our new Club President and Board members.

Date: **Tuesday, September 20th**

Time: 5:30 PM, starting with a silent auction followed by a dinner around 6:00 PM.

Where: Imperial Gardens in Middleton,

There will be a short program to follow the dinner with the installation of the new board by the SWIS Governor Designate, Jo'el Pearlman.

Registration was through Sunday, September 18th, guest are also welcome. *(If you haven't already registered, please follow-up with **current club president, Rick Thomas**).*

See you all there for this wonderful event and get-together to end our 2022 year.

VOLUNTEERING AT NATIONAL MUSTARD DAY SATURDAY, AUGUST 6, 2022

THANKS to all who joined us in Downtown Middleton on Saturday, August 6th for our annual tribute to Mustard,

the G.O.A.T. of condiments. National Mustard Day is the biggest fundraising event of the year for the nonprofit National Mustard Museum and it takes a village to make it a success. As well as raising funds for the Mustard Museum, a portion of the proceeds from the mustard games, activities and hot dog stand will be shared with the Sauk Trails Optimist Club who support area youth with scholarships and more.

If you haven't been to our event in the past, here's the link to the National Mustard Day event page on our web site to give you an idea of what all will be happening that day:

<https://mustardmuseum.org/mustard-day/>

Patti Levenson (Mrs. Mustard)

National Mustard Museum 7477 Hubbard Avenue Middleton, WI 53562

SAUK TRAILS – Madison Club WEBSITE

www.sauktrailsmadisonoptimist.org

Current and previous STOC Newsletters are available as PDF's on the www.sauktrailsmadisonoptimist.org website.
To acquire the newsletter, CLICK on the 'PDF Download' of CHOICE.

In the ABOUT area, click on this link: [CLUB Photo Gallery to view pictures.](#)

If you have any problems acquiring the Newsletter or are NOT receiving the monthly message, please contact me so we can correct that situation. Optimistically, **Bonnie Spindler** blspindler@charter.net 338-7244 (cell)
Sauk Trails Website Coordinator



**Sauk Trails Optimist Club
Board of Directors Meeting
July 19, 2022
MINUTES**

PRESENT: Rick Thomas, Carole Klopp, Bob Wortinger, Kathy Johnson, Mark Kramer, Jane Meyer, Ted See, & Steve Bailey

ABSENT: Kathie Newman, Diane Hoebel, Rick Conne

The meeting was called to order via Zoom at 5:05pm.

1. Welcome /Agenda Addition - None

2. Board Meeting Minutes: June 21, 2022 minutes – Kathy moves approval, Mark seconds, motion passes unanimously.

3. Financial Reports – June STOC Financials:

a. Balance Sheet: cash equivalent should be \$4495.00. Bob explained that with the 4th quarter anticipated expenses, we will probably not be transferring any money to the Foundation. Receivables: only one person is outstanding and has been for the last 4 quarters. Tabled until September when the board will decide whether to drop or not. Vanguard Wellington 8717 at end of June – only down 10%.

b. Income: we are at \$380.76. Bob is concerned about the end of the year. He noted that most are getting billed for meals instead of paying each time. Mark asked about pre-billing. Bob replied that we did and there were complaints. It was decided that the board will review lunch billings in September.

c. Membership: We are currently at 42 members after starting the year at 44.

Carole moves to accept the financial report, Mark seconds, passes unanimously.

4. Meeting Speakers: We have a full schedule through end of August. First meeting in September, 9/7, no speaker... Kathy has a request out for someone for that day.

5. Summer Schedule Feedback: Many board members expressed liking the every other week schedule.

Concerns raised centered around membership going down. Mark suggested that perhaps we could do combination of ever other week and the weeks we're off, have something for "after work," which could rotate to different venues. It was agreed to return to weekly meetings in September and the new board can take this up in October.

6. Committees and Activities

a. Fundraising: Brat Fest Review received the check, Football Crazr tickets should be back by August 3rd as the money has to be turned in by August 25th. Rick will send out reminders to members who owe.

b. International Mustard Day – August 6th – still looking for at least 20 volunteers. STOC will get \$8/hour.

c. Summer Social – Sees had a flood and can't entertain right now. Carole will speak with Mary Schwartz about her hosting us down in Darlington at their new digs.

d. Fall Meeting Schedule: Attendance has been averaging 15 members per week. See above Summer Schedule Feedback.

e. Foundation Grant Schedule- FYI only: we should have \$6900 to pay out in grants. We already paid out \$2000 for the toys for Lussier. Bob recommends that we don't give out that total amount (\$6900). Past Grant format – agreed that it works. Rick will update and email to members for distribution.

e. Silent Auction – Kathy and Steve are working on it. Mark will arrange a donation and will help with this this year. The funds raised go to the Foundation. Looking for both donations and certificates.

f. Bucky Books – Bob has heard they are ready. Has asked Dan and haven't heard back. Kathy volunteered to help with this.

7. 2022-23 Board Elections: May Elections: Nominating Committee –Kathy Johnson: Diane is going off, Mary Wykle is coming on. All other positions are filled and John Fons has agreed to be President again. We will hold the election the first meeting in August.

8. ADJOURNMENT: Kathy moves to adjourn, Steve seconds, motion carries unanimously.

We adjourned at 5:49pm TO Tuesday, August 16, 2022 at 5:00 pm online.

Respectfully Submitted,
Carole Klopp, Secretary



SAUK TRAILS OPTIMIST CLUB

Board of Directors Meeting

August 16, 2022; 5:00PM

MINUTES

PRESENT: Rick Thomas, Carole Klopp, Bob Wortinger, Mark Kraemer, Kathie Newman, Rick Conne, Kathy Johnson, Steve Bailey, and Jane Meyer

ABSENT: Diane Hoebel and Ted See

The meeting was called to order on Zoom at 5:02pm.

1. Welcome

2. Board Meeting Minutes from 7/19/22: Bob moves to approve, Kathie seconds, passes unanimously.

3. Financial Report – July 2022

a. Balance Sheet: \$5312 cash equivalent position. Will come down due to annual meeting and awards. Optimists dues are going up \$15/year starting in the 2022-23 fiscal year (October of this year). That's \$600 with 40 members. If we are over \$4000 at end of year, Bob recommends we keep that money in checking. Board agreed to deal with any delinquent members in September. Vanguard Wellington went up \$500 in July (was down \$1000). Bob set up separate restricted funds for Gene/Kathie donations.

b. Operating Statement – checking account is looking good. \$850 could be spent in September. Income number for the year will be closer to "0."

Carole moves to accept the financial report, Kathie seconds, passes unanimously.

4. Membership Updates

Dan Bergs has asked to be removed. We will take care of removing members in September.

HONOR CLUB: Kathie Newman was awarded Honor Club - one of 2 during COVID shut-down. Bob got Honor Club Treasurer. Lunches are being well attended.

5. Committees and Activities

a. Fundraising:

Fundcrazr: 10 outstanding/ 55 dollars in and Bob turned in \$1100 to Fred. Jacci has those 10. Might receive \$650 to \$700 – depending upon Jacci.

Mustard Days – we received a check for \$500. Had 15 STOC members with friends volunteer.

Bucky Books – Bob will pick up next week at 9:30am and bring to meeting.

b Club social: Mary Schwartz suggested -Aug.27/28 or Sep 17/18 or anytime in Oct – not on Badger game days. Rick will chat with Mary next week at lunch. Will look at going on a Sunday for a Packer game.

c. Foundation Grant Schedule – applications are due August 31st. Rick will make a packet and send to everyone on the board early in September. Have 3 in so far.

d. Christmas Party: Rick C. will meet with Frank next week and will be contacting Walmart for grant information.

e. Project ideas: Kathie shared a list of ideas which Carole has included on page 2 of these minutes.

- Community Service week – work with other service groups – everyone works together to determine a project to do. Rick has the contacts. Sep 11-13

6. Induction Banquet: As of today, it's set for September 21st at the Imperial Gardens. It's tight there for the auction according to Kathy. Rick will contact the Radisson and Imperial Gardens...making sure we have sufficient space. Kathy and Steve are working on auction items.

7. Adjournment: Steve moves, Kathy seconds, passes unanimously.

We stand adjourned to Tuesday, September 20, 2022; 5:00 p.m. on Zoom.

Respectfully Submitted,
Carole Klopp, Secretary



The Optimist Creed

Promise yourself...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all you friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

ENJOY the WONDERFUL FALL WEATHER.

The Sauk Trails Newsletter will be published quarterly. The next one will be for the October, November, December Time Frame. If you would have any articles / pictures you would like included please get them to Bonnie Spindler during the first quarter of the 22-23 year.